ALTH 106
Working in Health Care
(Formerly Introduction to Allied Health 101 & 102)
Division of Health Professions and Nursing

Instructor
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http://www.nic.edu/facultyfinder (for office hours)
I. **Course Description:** ALTH 106 exposes students to the structure, driving forces, concepts, and expectations of the health care system so that they can evaluate whether a health career will be a good fit for their interests and aptitudes. In addition to developing an understanding the health care delivery system, students will participate in career exploration and development exercises, conduct informational interviews on selected health careers, and virtual or in-person health care facility tours.

II. **Prerequisites:** None

III. **Credit Hours, Location, Time:** 2 credits (32 contact hours). Tuesday and Thursday 8-8:50 starting 9/7.

IV. **Required Text:** A custom text has been built for this course and is available at the bookstore or individual chapters can be purchased online through the publisher.


V. **General Education Focus:** Health; critical thinking

VI. **Course Outcomes & Measurement:**
At the end of this course, you will have:

A. Evaluated personal risk factors and lifestyle behaviors impacting your current and future health and identified an effective strategy for implementing health behavior change. Evaluated by:
   1. Wellness Case Study—In class exercise 1
   2. Assignment 1: Personal Health Risk Assessment
   3. Midterm & Final Exam

B. Demonstrated your ability to think like a health care worker. Evaluated by:
   1. Critical Thinking -- In class Exercise 1
   2. Midterm & Final Exam

C. Explored your career interests and investigated selected health occupations for career fit and personal satisfaction. Evaluated by:
   1. Assignment 2: Career Exploration Paper & Advertisement

D. Analyzed how your skills and personal characteristics compare to those expected of health care workers and identified areas where professional
growth & behavioral change are indicated. Evaluated by:
1. National Skill Standards & Effective Health Care Workers—in class exercise 3
2. Assignment 3: Self-Reflection: Health Care Worker Expectations
3. Midterm & Final exam

E. Described the predominant structures, influences, and concerns impacting the US health care system and their potential impact on the health care worker of the future. Evaluated by:
1. Assignment 4: The Health Care System & My Future
2. Final Exam

F. Demonstrated your ability to collect, compile, evaluate, and report data accurately and in accordance with designated time lines.
1. Assignments 1-4
2. In class exercises 1-3

VII. Evaluation Criteria (see guidelines for each of the following):
In class exercises* (3 at 5 pts. Each)........................................................................................................ 15%
Assignment 1: Personal Health Risk Analysis..................................................................................... 10%
Assignment 2: Career Exploration........................................................................................................ 25%
Assignment 3: Self-Reflection: Health Care Worker ......................................................................... 10%
Assignment 4: Health Care System & My Future........................................................................... 15%
Midterm Exam..................................................................................................................................... 10%
Final Exam.......................................................................................................................................... 15%
Total Points/Percentage......................................................................................................................... 100%
*You must be present in order to attain these points
In Class exercises: You will be divided into discussion groups. The expectation is that you will have an active and lively dialog about the topic at hand.

Assignment 1: Wellness Self-Assessment
Students going into health care careers typically experience stress related to time-pressure, responding to life-threatening emergencies, and/or providing comfort to suffering individuals. In addition, health professionals should strive to be role models of good health to encourage the healthy behavior of others and establish professional credibility. The purpose of this assignment is for you to establish a base-line assessment of your health risk factors and lifestyle behaviors so that you can assess your need to make changes that will enhance your health and prevent burnout.

All personal data will be held in strictest confidence. If you have any personal concerns about completing this assignment, please contact the instructor.

Assignment Components--5
• Family genogram: Go to this website: https://familyhistory.hhs.gov/fhh-web/home.action to create your family health history genogram or use an alternate source of your choosing. Make a copy of your diagram for your paper.
• Health assessment: Complete assessment tool—attached.
• Lifestyle Behavior grid: Complete attached
• Behavioral change worksheet: Complete attached
• Provide a 1-2 page analysis that includes a paragraph (minimum) analysis of each of the above components and attach your component data behind it.
Grading Criteria
• Completeness (All areas of assignment are addressed)...............................20%
• Thoroughness (Adequate depth of response to each component)..................20%
• Accuracy of analysis (Conclusions drawn) ..................................................20%
• Feasibility of behavioral change plan (Does the plan demonstrate understanding of principles of successful behavior change?)...........................20%
• Neatness (Readability; grammar; spelling; structure)..................................20%

Total..............................................................100%

Assignment 2: Health Career Exploration
If you are taking this course, you are exploring health career options or you are pursuing the prerequisites for a selected health career. One of the most important things you can do to establish your future career success is to thoroughly explore your aptitudes and interests and the nature of the health career(s) under consideration. A good fit between you and your career choice is the key to a cost-effective, satisfying, and rewarding future in health care. The purpose of this assignment is to enhance commitment to your selected career by verifying its suitability for you, expand your thinking about appropriate health career options, and/or identify disparities between your aptitudes, interests, and career choice.

You may conduct in person or telephone interviews. You also may interview an instructor for the program you are considering.

Assignment Components—5
• Idaho Career Information System Activities as per worksheet
• Informational Interview #1 (see attached guidelines)
• Informational Interview #2
• 2-3 page word-processed paper concisely summarizing both interviews AND including an analysis of Fit: Your CIS identified interests and skills as they relate to the nature of the work and the characteristics and qualifications needed to be successful.
• A 30 second in class presentation extolling the reasons why someone should go into the field you have chosen (or not).

Grading Criteria
• Introduction (includes who; when; where)......................................................5%
• Interviews (concise; clear; cohesive; demonstrates breadth)..........................40%
• Analysis of Fit (depth of response; reference to assessment tools)...............25%
• Completeness (all areas of assignment are addressed)...............................10%
• Presentation (clear; convincing; entertaining)..............................................10%
• Professional appearance (neatness; readability; grammar; spelling; structure).10%

Total.........................................................100%
Assignment 3: Self-Reflection—Healthcare Worker Expectations
There are a variety of things that can influence your success in a health career. First impressions and how others perceive you can open or close the doors to your career regardless of the technical skills you develop in a health profession program. Through exercises and review of The National Standards for Health Care Workers, this assignment will assist you in discovering what—if anything—could get in between you and your dream job. The purpose of this assignment is for you to objectively evaluate (put your pride aside and summon up your humility) your appearance and transferable skills so that you can take corrective action to address what could interfere with your career success.

Assignment Components—3
• Review National Skill Standards for Health Care Workers in preparation for in-class discussion.
• Complete Professional Appearance exercise.
• Write a 1-2 page honest, thoughtful appraisal of your strengths and areas for improvement in taking on the role of a professional health care worker.

Grading Criteria
Professional Appearance exercise.................................................................25%
Paper........................................................................................................50%
Total...........................................................................................................100%

Assignment 4: The Health Care System and My Future
Whether it is the information age, health care reform, technological development, or aging “baby boomers”, the one constant in health care is change. Your career, your daily work, and your associations are likely to evolve along with changes in the health care system. Your ability to adapt and flourish in this system will depend on knowing what changes might lay ahead and your options in responding to them. The purpose of this assignment is to gain a broader understanding of the trends and influences impacting the health care industry so that you might anticipate how they could influence your future occupation and career.

Assignment Components—4
• Review national references regarding generic or selected health career (i.e. Occupational Outlook; Professional Organizations; Career Center; etc.) to determine job growth potential.
• Research futurist literature and any other references that might suggest future innovations or directions (give examples) for the occupation. Briefly describe the potential changes impacting future workers in the field.
• Review course materials related to impacts on the health care system and identify which trends, developments, or other changes are likely to affect the health care worker.
• Post a 2-3 page single-spaced cited and referenced synthesis of your findings in the Discussion Forum (hint: use paragraphs frequently—but appropriately—to break up content; double space between each paragraph). Title it: Assignment 3 and identify your group by name or number.

**Grading Criteria**

• Four bullets above addressed and referenced……………………………………….40%
• Posting is informative; timely, clear; coherent; precise…………………………………..30%
• References are credible and retrievable……………………… …………………………………10%
• Professional appearance (neatness; readability; grammar; spelling; structure).20%

**Midterm Exam**: The multiple choice item exam will be posted for a limited time on line and will cover all course content up until the time of the exam.

**Final Exam**: This will be a comprehensive, multiple choice, and proctored exam. You will need to schedule time at the Testing Center on NIC Campus, one of the distance education sites (Ponderay; Silver Valley; Bonners Ferry), or another appropriate site.

**General comments about assignments**:  
All assignments are due as scheduled. Late papers will result in a 10% loss of points and will not be accepted after one week. Please double check paper guidelines and make sure you have covered all requirements. Make sure to save a copy of any paper you turn in. Please see the instructor for any needed clarification prior to due date.

**VII. New Disability Statement**: In compliance with the Americans with Disabilities Act of 1990 and Section 504/508 of the Rehabilitation Act of 1973, NIC provides services and accommodations to students who experience barriers in the educational setting due to learning, emotional, physical, visual, or hearing disabilities. For more information please contact The Center for Educational Access, in the College Skills Center, LKH 135 (769-5947).

**VII. Code of Conduct and Ethics**:  
You are beginning preparation for a career where dependability, reliability, motivation, and a positive, caring attitude are expected as basic ethical/professional behaviors. Students are expected to conduct themselves in a professional, ethical manner at all times and follow the NIC Code of Conduct. Violation of the codes of conduct may result in dismissal from the CNA training class.
Violations include but are not limited to: unprofessional behavior, unethical practices and acts of dishonesty such as cheating, plagiarism, falsification, lying and/or facilitating such acts.
### June 2010

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